

THE IDEA OF HEALTH

By Dr. Cathy

I want to send a message of Health to each and every one of you. There are many things that are beyond our control and for those subjects it is best to have a philosophy by which to accept the unknown. We must start by building a foundation of understanding, a basis of how our bodies, our minds, our choices, our health and ourselves really work. A belief in humanity, a goodness or Godness in us. That there is something that created this world, everything in it, the Universe and as far as we now know the Universes.

In my work with people seeking relief from illness, pain and dysfunction, and to change from disease to health, this is a constant theme. Pain and dysfunction are signs to pay attention to; it is the body's way of getting our attention, to do something about it. In most cases however pain and dis-ease stimulate fear, worry, sadness, and even guilt, and these all work to influence the very DNA to alter the cells from harmony to disharmony, thereby contributing to lack of function and more dis-ease.

It seems logical then that we must start with a premise that something started all this "life" and that something is still involved with running it all. If that premise can be accepted then we as human beings could begin to work with the very essence of life within us. We could begin to honor ourselves in such a way as to work with this life essence in ourselves, in others and in our country. We would therefore serve as living examples, posturing to the world that we have a right to the best in life. A divine right to be happy, healthy, successful and at peace!

I feel very strongly that if we are to change the problems that plague the world we must first start with ourselves. A basic understanding of how fabulous our bodies and minds are made and how they function. For years I have been astonished that the average person knows very little about their own anatomy and even less about how that anatomy works (physiology). There is no doubt that many powerful people, companies and even healthcare professionals take advantage of this widespread ignorance.

I firmly believe we were not designed to suffer needlessly. The human body is a testimony to the most advanced form of life. It is phenomenally manufactured and will work to regain health if given the smallest opportunities. We know even less about our thoughts and their affect on the physical matrix of our bodies, even to the very cells. So little has been brought forth to mainstream thinking that the connections seem unclear and rightly so as we have not been taught about our great Inner World and it's magnificence!

One of the greatest misconceptions today in health is the idea that dis-ease can't be changed. Once you are diagnosed with a problem you would have to keep it or "live with it." In reality there are very few health situations that grim. In most cases we have used energy wrongly and once we can accept that without shame or guilt we can then structure ourselves in such a way as to bring about a change, thereby creating a new Idea or Image to live by and manifest.

Just as trillions of cells in the physical body are broken down, regenerated and renewed every second of our life, which we call metabolism, such are the properties in ideas we choose to believe. If an idea couldn't be changed we wouldn't be flying in jet airplanes and riding in fancy SUV's. It is an understanding of these specific principles that will put you on the road to living well, and we know from the "results" we see in our patients that this method really works!



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Health like anything else starts with an image (picture of health), then setting our priorities to attract, organize, get into action and expect to receive the results of our Image. I believe we can change our basic concepts of fear, worry and limited ideas to the opposite, in other words we can change the ideas that we have allowed ourselves to accept and thereby formulate our lives. There is Nothing more powerful than an IDEA! Especially one that stimulates fear! Don't let commercials sponsored by the legitimate "drug dealers" dictate health to you. Of one thing you can be sure, the dis-ease's being managed with pharmaceuticals are certainly not being caused by a lack of medications in your system. Health cannot be purchased. It must be created and re-created following the internal wisdom in every cell of our body and some very helpful knowledge.

Get savvy, learn about yourself, learn the laws of life and teach them to your loved ones. Everyone benefits from health. Let's get into true health care and stop financing and supporting "sick care". Let's become healthier and healthier and advocate health for all. Let's contribute to decreasing healthcare costs by learning and then being responsible for our own health.

Lastly join me in starting a health care revolution after all,
"HEALTH IS CONTAGIOUS."

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If you are interested in the [Concept-Therapy](#) classes or becoming an instructor use our [Contact Form](#) or just give us a call 404-257-0188.



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